

Household Commodity Fact Sheet

**BEANS, BABY LIMA, DRY**

Date: April 2009

Code: A912

PRODUCT DESCRIPTION

- Dry baby lima beans are U.S. Grade 1. They are not too small and are free from sprouted beans and damage.

PACK/YIELD

- Dry baby lima beans are packed in 2-pound packages. A 2-pound bag of dry beans will be about 24 servings ($\frac{1}{2}$ cup each) after cooking.

STORAGE

- Store dry beans in a cool, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry beans in a tightly covered container or plastic bag.
- Store cooked beans in a covered container not made from metal and refrigerate. Use within 2 days or freeze.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Dry beans should be sorted to remove small stones or other foreign objects. Check the beans, a handful at a time, and throw away dirt, small rocks, or beans that are broken, discolored, or shriveled.
- Once sorted, place beans in a pot or strainer and rinse a few times under cold running water.
- Place the beans in a pot and add water to cover the beans. Dry beans will soak up liquid and can double or triple in size, so make sure you add plenty of water.
- See back for directions on soaking.

USES AND TIPS:

- Cooked baby lima beans can be used in salads, soups, stews, and casseroles. They can also be served as a side dish.

NUTRITION INFORMATION

- $\frac{1}{2}$ cup of cooked dry beans counts as 2 ounces in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 $\frac{1}{2}$ ounces.
- $\frac{1}{2}$ cup of baby lima beans are fat and cholesterol free and provide 20% of the daily recommended amount of fiber.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov
- For more recipes, go to: http://www.fns.usda.gov/fdd/recipes/hp_cookbooks.htm.

NUTRITION FACTSServing size: $\frac{1}{2}$ cup (86g) baby lima beans, cooked, without salt**Amount Per Serving**

Calories		100	Calories from Fat	0
% Daily Value*				
Total Fat	0g			0%
Saturated Fat	0g			0%
Trans Fat	0g			
Cholesterol	0mg			0%
Sodium	15mg			1%
Total Carbohydrate	20g			7%
Dietary Fiber	5g			20%
Sugars	1g			
Protein	6g			
Vitamin A	6%		Vitamin C	15%
Calcium	2%		Iron	10%

*Percent Daily Values are based on a 2,000 calorie diet.

OVERNIGHT SOAK METHOD

Note: Make sure you use a large enough pot since beans expand to double or triple their size when soaked and cooked.

1 CUP DRY BEANS MAKES ABOUT 3 CUPS COOKED BEANS.

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
3. Add 3 cups clean water for every 1 cup of dry beans.
4. Bring to a boil, turn the heat down to low, and cook slowly until tender—about 2 hours.
5. You may need to add more water during cooking. The beans are now ready to use in recipes that call for cooked or canned beans.

Tip

For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

QUICK SOAK METHOD

To use beans the same day:

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Bring to boil and boil for 2 minutes.
3. Turn off the heat, cover, and let the beans soak in the water for about an hour. The beans are now ready to use in recipes that call for cooked or canned beans.

Adapted from University and Connecticut Cooperative Extension and U.S Dry Bean Council, Beans4health.com.

SUCCOTASH WITH GROUND BEEF

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 cup lean ground beef
- 1 cup lima beans, cooked
- 1 can (about 15 ounces) corn, drained
- 1 can (about 15 ounces) tomatoes, drained and chopped
- ¼ teaspoon black pepper
- ⅛ teaspoon nutmeg (if you like)

Directions

1. Brown ground beef in a large pan.
2. Add lima beans, corn, tomatoes, salt, and black pepper. Reduce heat, cover and cook for 5 minutes until thoroughly heated.
3. If using nutmeg, sprinkle on top before serving.

Nutritional Information for 1 serving of Succotash with Ground Beef					
Calories	160	Cholesterol	25 mg	Sugar	4 g
Calories from Fat	45	Sodium	330 mg	Protein	11 g
Total Fat	5 g	Total Carbohydrate	22 g	Vitamin A	8 RAE
Saturated Fat	1.5 g	Dietary Fiber	4 g	Vitamin C	15 mg
				Calcium	39 mg
				Iron	3 mg

Recipe provided by SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

BRUNSWICK STEW**MAKES 8 SERVINGS****Ingredients**

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 2 cups low-sodium chicken broth
- 1 can (about 12 ounces) chicken, drained
- 1 can (about 15 ounces), tomatoes, drained and chopped
- 2 cups lima beans, cooked
- 1 can (about 15 ounces) corn, drained

Directions

1. Heat oil in a large pan. Add onion and cook until tender.
2. Add chicken broth, tomatoes, lima beans and corn; simmer for 20 minutes over medium heat.
3. Reduce heat to low, add chicken, cook for 5 more minutes.

Nutritional Information for 1 serving (about 1 cup) of Brunswick Stew

Calories	200	Cholesterol	35 mg	Sugar	4 g	Vitamin C	15 mg
Calories from Fat	45	Sodium	370 mg	Protein	18 g	Calcium	44 mg
Total Fat	5 g	Total Carbohydrate	23 g	Vitamin A	14 RAE	Iron	3 mg
Saturated Fat	1 g	Dietary Fiber	4 g				

Recipe provided by SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.